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People with Arthritis Can Enjoy Exercising in On-going Classes

Do you have arthritis? Would you like a way to help relieve some of the pain that is associated with arthritis? Studies have found that physical activity can help alleviate some arthritis pain. There are three physical activity classes in Twin Falls that are offered specifically for people with arthritis.

South Central District Health, Bridgeview Estates, Twin Falls Senior Center, and the Arthritis Foundation are partnering to offer the Arthritis Foundation's People with Arthritis Can Exercise class (PACE) at the Twin Falls Senior Center located at 530 Shoshone St. South. This free class is held on Mondays, Wednesdays, and Fridays from 1:30-2:30 p.m. New participants can register on-site at their first class. Donna Vawser from Bridgeview Estates leads the class.

The Arthritis Foundation's Aquatics course is offered in Twin Falls at the YMCA/City Pool located at 756 Locust North. This class, which has a small fee, meets on Mondays and Fridays from 9-10 a.m. New participants can register on-site at their first class. Certified aquatics instructor Joy Crist teaches this class.

During both classes, the instructors lead participants through a series of specially designed range-of-motion and muscle-strengthening exercises. Increased flexibility, reduced pain and stiffness, increased muscle strength, and a better sense of well-being are among the benefits reported by participants in the program.

Recently, volunteer Becky Jensen started a walking class for people with arthritis. This class is held on Tuesdays and Thursdays from 5:15-6:15 p.m. at the First Christian Church located at 601 Shoshone St. North in Twin Falls. New participants can register on-site at their first class.

All of these programs provide an opportunity for people with arthritis to meet others and to have fun in a friendly and supportive atmosphere.

For more information on these classes, please call Susie Beem, Arthritis Program Coordinator for South Central District Health, at 737-5946.

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